Alabama Cooperative Extension System – Urban Affairs & New Nontraditional Programs

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Obesity: What's the "BIG" Deal?

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Obesity: What's the "BIG" Deal?

Overview
- Obesity Statistics
- Define Obesity
- BMI
- Overweight vs. Obese
- Energy Balance
- Preventing Obesity
- Healthy Choices
- Community Perspective

Obesity: What's the "BIG" Deal?

- Obesity in the United States has been increasingly cited as a major health issue in recent decades.
- There has been an increase in obesity-related medical problems, including type II diabetes, hypertension, cardiovascular disease, and disability.
- Obesity has been cited as a contributing factor to approximately 100,000–400,000 deaths in the United States per year and health care cost is still on the rise.
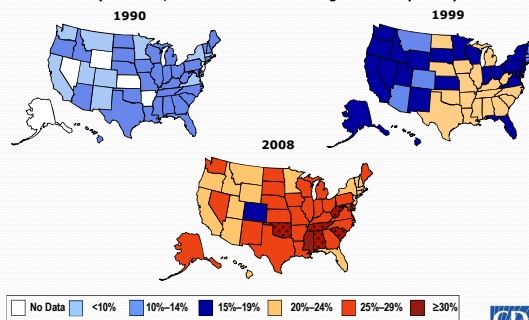

Obesity: What's the "BIG" Deal?

- In **1990**, among states participating in the, **ten** states had a prevalence of obesity less than 10% and **no** states had prevalence equal to or greater than 15%.

- By **1999**, no state had prevalence less than 10%, **eighteen** states had a prevalence of obesity between 20-24%, and no state had prevalence equal to or greater than 25%.

- In **2008**, only **one** state **(Colorado)** had a prevalence of obesity less than 20%. **Thirty-two** states had a prevalence equal to or greater than 25%; **six** of these states (**Alabama, Mississippi, Oklahoma, South Carolina, Tennessee, and West Virginia**) had a prevalence of obesity equal to or greater than 30%.

Behavioral Risk Factor Surveillance System

CDC
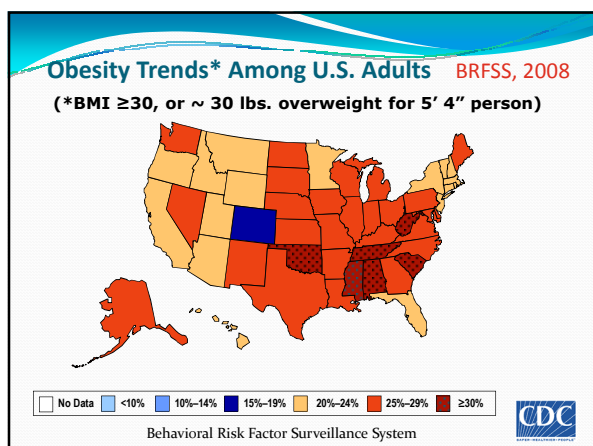

Obesity Trends* Among U.S. Adults
BRFSS, 1990, 1999, 2008
(*BMI ≥30, or about 30 lbs. overweight for 5'4" person)

| No Data | <10% | 10%–14% | 15%–19% | 20%–24% | 25%–29% | ≥30% |

Behavioral Risk Factor Surveillance System

CDC

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Behavioral Risk Factor Surveillance System

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Obesity: What's the "BIG" Deal?

What does all this mean?
- As a nation we NEED to make obesity prevention a priority!

Obesity: What's the "BIG" Deal?

Obesity: What does this really mean?
- Obesity is a medical condition **(DISEASE)** in which excess body fat has accumulated to the extent that it may have an adverse effect on health leading to reduced life expectancy and/or increased health problems.

Obesity: What's the "BIG" Deal?

Obesity increases the likelihood of various diseases.
- Heart Disease
- Certain Types of Cancer
- Type 2 Diabetes
- Breathing difficulties during sleep
- Osteoarthritis

Obesity
- Characterized by having a BMI of ≥ 30

Obesity: What's the "BIG" Deal?

- **What is BMI ?**
  - Body mass index (BMI) is a measure of body fat based on height and weight that applies to both **adult** men and women.

- **BMI does have some limits.**
  - It may **overestimate** body fat in athletes and others who have a muscular build.
  - It may **underestimate** body fat in older persons and others who have lost muscle mass.

Obesity: What's the "BIG" Deal?

Why do we use BMI ?
- BMI is used as a screening tool to identify possible weight problems for adults.
- BMI is not a diagnostic tool.

BMI Categories:
- Underweight = <18.5
- Normal weight = 18.5-24.9
- Overweight = 25-29.9
- Obesity = BMI of 30 or greater

Obesity: What's the "BIG" Deal?

What is the difference?

- Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height. The terms also identify ranges of weight that have been shown to increase the likelihood of certain diseases and other health problems

Obesity: What's the "BIG" Deal?

What causes obesity?

- Consuming excessive dietary calories
- Sedentary lifestyle or lack of physical activity
- Genetic susceptibility

Obesity: What's the "BIG" Deal?

What is a calorie?

- Calorie is another word for "energy"

INTAKE
Calories from foods

OUTPUT
Calories used to maintain body functions and physical activity

CALORIE BALANCE

Energy Balance

- The balance of calories consumed through eating and drinking compared to calories burned through physical activity.
- What you eat and drink is **ENERGY IN**.
- What you burn through physical activity is **ENERGY OUT**.

Obesity: What does this really mean?

ENERGY IN and ENERGY OUT balance = Weight stays the same

Energy In
(calories consumed)

Energy Out
(calories burned)

Weight stays the same
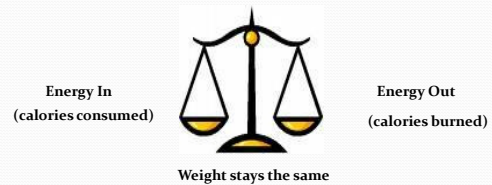
Obesity: What does this really mean?

More Energy IN than OUT over time = Weight gain

More Energy In

Less Energy Out

Weight Gain

Obesity: What does this really mean?

More Energy OUT than IN over time = Weight loss

More Energy Out

Less Energy In

Weight Loss

Obesity: What's the "BIG" Deal?

How much energy does it take to gain one pound of fat?

A pound of body fat equates to approximately 3500 calories.

So if you have a calorie deficit of 500 calories (meaning that you burn 500 calories more than you eat each day) you would lose approximately one pound per week:

500 x 7 = 3,500

Obesity: What's the "BIG" Deal?

How can obesity be prevented?
- Healthy Lifestyle Changes
  - Consuming a healthy diet
  - Engaging in physical activity

Make Your Food Choices Count!

People should eat a variety of nutrient-dense foods and beverages:

Whole Grains

Dark Green, Leafy Vegetables

Fresh Fruit

Low-fat Dairy

Fresh Vegetables

Lean Meats

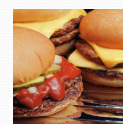## Limit Foods and Beverages

Fried Foods

Butter, eggs, animal fats

Fast Foods

Salty foods and beverages

Alcoholic drinks

Balance what you eat with exercise to control weight!

Calories   Activity

Obesity: What's the "BIG" Deal?

- Make sure the number of calories you are consuming are adequate and not excessive for your age and lifestyle
- Avoid eating fast food and junk foods daily and save for special occasions
- Make sure you are physically active at least 30 minutes a day for maintenance and more than 30 minutes for weight loss

Community Perspective

ACES offers research-based programs that can help people achieve overall health and adopt healthier eating habits:

Urban Nutrition Education Program (UNEP)

UNEP Health and Wellness Program

UNEP Staff

Calhoun, Etowah

Dale, Houston

Lawrence, Morgan

Jefferson, Blount, Shelby, St. Clair

Tuscaloosa

Madison, Limestone

Lauderdale, Colbert

Mobile, Baldwin

Autauga, Elmore, Montgomery

Urban Nutrition Education Program (UNEP)

UNEP targets:

- residents of public housing facilities
- youth in after school programs
- seniors citizens

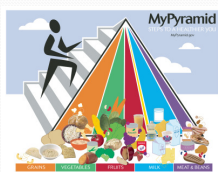
Urban Nutrition Education Program (UNEP)

Mission:

- Improve knowledge
- Educate families and individuals
- Reduce risk factors
- Improve shopping behavior and management of household food dollars

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UNEP Curriculum

- **WEALTH** - The Wise Eating Approaches for a Lifetime of Health (WEALTH) curriculum

- **Power of Choice Curriculum** - the UNEP program for youth audiences

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Meal Planning and Food Preparation

Save **TIME** and **MONEY**!

Make Wise Fast Food Choices

COOL MOVES! Sit Less-Move More

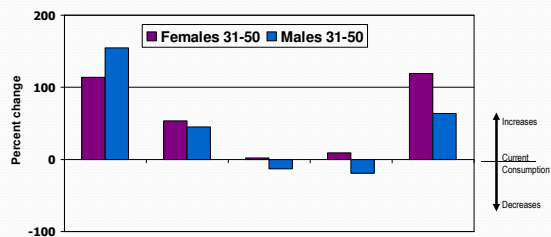POTASSIUM RICH

Dietary Guidelines for Americans

MyPyramid

MyPyramid.gov - Recommendations Compared to Consumption

Bars show percent change needed in consumption to meet recommendations

Legend: ■ Females 31-50 ■ Males 31-50

Y-axis: Percent change (200, 100, 0, -100)

Right side labels: Increases / Current Consumption / Decreases

United States Department of Agriculture Center for Nutrition Policy & Promotion, http://www.nde.state.ne.us/NS/slike_shows.htm

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Wise Food Purchasing

- Food Budget
- Menu Plans
- Comparison shopping

Reading Food Labels

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250   Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Limit Total Fats, Cholesterol and Sodium

Get enough Dietary Fiber, Vitamin A, Vitamin C, Calcium and Iron

Quick Guide to % DV
5% or less is low
20% or more is high

Food Preparation and Diseases

Healthy food preparation decreases risks associated with certain diseases

Heart disease
Stroke
Diabetes
Obesity
Certain cancers

Fast Food Restaurants Tips

- Order grilled, roasted, broiled or baked meats
- Leave off the mayonnaise or other creamy dressings.
- Skip the extra cheese.
- Eat English muffins instead of biscuits.

NEVER say "Supersize It."

Healthiest Choices
(10 g fat or less)

Fast Food Restaurant	Menu Item	Calories	Grams of Fat
MCDONALD'S ®	Premium Southwest Salad w/grilled chicken	320	9 grams
BURGER KING ®	TENDERGRILL Sandwich	320	7 grams
WENDY'S ®	Ultimate Chicken Grill Sandwich	320	7 grams

Community Impact - 2009

- Over 650 structured classes
- Over 750 youth, young adult, & senior participants in Autauga, Elmore and Montgomery counties
- Over 5,000 participants and listeners through Community Outreach activities
  - Community health fairs
  - Programs at County Health Departments and the Department of Human Resources, Head Start Schools, Elmore County Board of Education Parent Workshop, LifeTech Community Awareness Program
  - Two one hour radio programs with WAPZ, Wetumpka's local radio station and three 20 minute radio spots on the Farm and Home and Garden show in Montgomery on AM radio station WACV 1190.

Success Story –
Family Support Center in Prattville

- *I enjoyed learning about a healthier way of life. I am happier to know better/healthier ways to prepare food for my daughter and myself. Thanks. – Whitney*

- *This class has really helped me with nutrition. There were lots of things I was not aware of. I hope that this class will continue, because there are lots of women who are in the dark when it comes to how important nutrition is. – Kedra*

- *This class really helped open me up to how easy a quick healthy meal can be. I kind of want to cook!!! It has made me much more aware of complete nutrition. It reminded me to take nutrition into consideration when feeding my kids so that they will get a good healthy start. I thank you for all your time and knowledge. – Shelby*

References

- Haslam DW, James WP (2005). "Obesity". *Lancet* **366** (9492): 1197–209. doi:10.1016/S0140-6736(05)67483-1. PMID 16198769.
- BRFSS, Behavioral Risk Factor Surveillance System http: //www.cdc.gov/brfss/
- CDC. State-Specific Prevalence of Obesity Among Adults — United States, 2007; MMWR 2008; 57(36);765-8

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- National Heart Lung and Blood Institute http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/risk.htm#limitations
- "Statistics Related to Overweight and Obesity". CDC. 2006. http://www.win.niddk.nih.gov/statistics/. Retrieved 2009-01-23.

Questions?